

## Breakfast Frittata

Serves 2

### Ingredients:

- ½ medium onion, minced
- 4 medium cloves garlic, chopped
- ¼ lb ground lamb or turkey
- 2 plus 1 TBS chicken broth
- 3 cups rinsed and finely chopped kale, (stems removed)
- 2 whole free range chicken eggs
- 3 egg whites
- salt and black pepper to taste



### Directions:

Preheat broiler on low. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Healthy Sauté onion over medium heat, for about 3 minutes, stirring often. Add garlic, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps. Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered about 5 more minutes. Season with salt, pepper and mix.

Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring. Put under broiler in middle of oven, about 7 inches from the heat source, on low, so it has time to cook without the top burning. When it gets firm it is done, about 2-3 minutes.

Prep and Cook Time: 20 minutes

Healthy Cooking Tips: It is important to chop kale fine so it cooks in a shorter amount of time and integrates with the other flavors. Also, make sure you break up the clumps of meat with a spoon while sautéing. This will also allow the flavor of the meat to seep into the other ingredients. Use a stainless steel skillet as close to 9-10 inches as possible so the vegetables don't over cook and you have some height to your finished frittata.

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